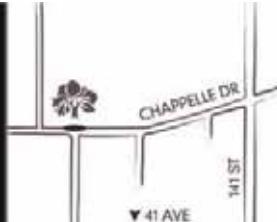




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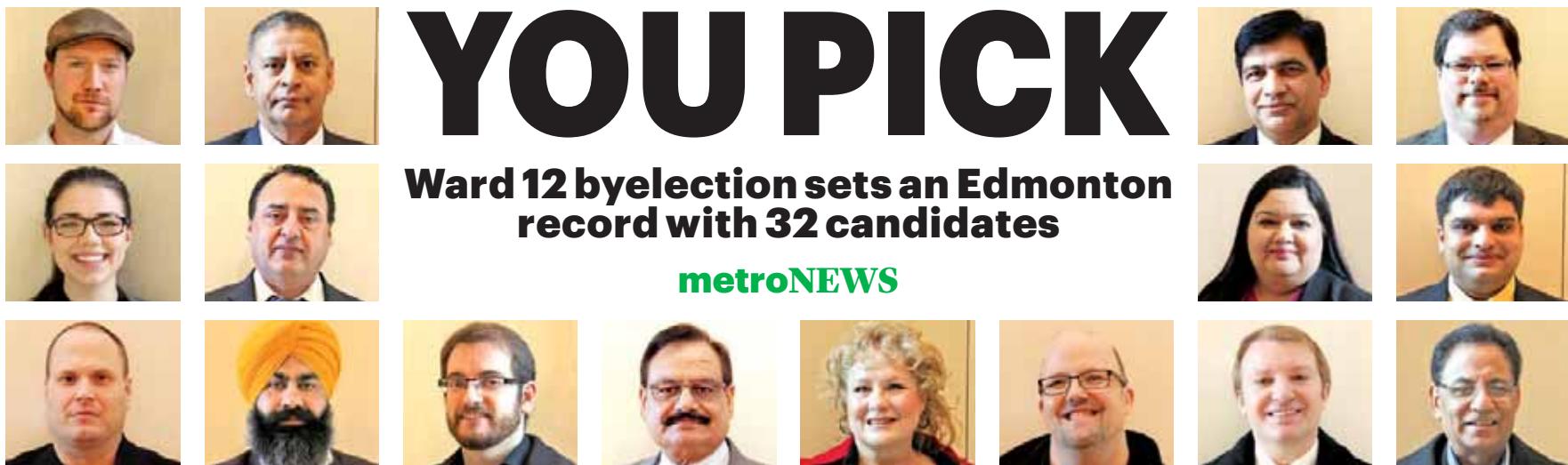
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YOU PICK

Ward 12 byelection sets an Edmonton record with 32 candidates

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From bears to beers

CONSERVATION

Grandfather's legacy inspires local to dream up new brewery

Alex Boyd
Metro | Edmonton

Al Oeming is gone, but local lore suggests the former owner of a hobby zoo called Polar Park is still banned from exercising his cheetahs by letting them run behind his truck.

Oeming's grandson, Robert Oeming, is reviving the family brand with a new brewery inspired by the zoo.

Hoping to open later this year, the Polar Park Brewery is a tribute to the exotic animal park of the same name that operated outside Sherwood Park for more than 40 years.

It was the lifelong passion of Robert's grandfather, Al, a legendary local wrestler and conservationist.

At its peak, Polar Park was home to more than 3,000 animals and 166 species — including the eponymous polar bears. Al travelled across Canada to speak at schools about conservation, often with his pet cheetah Tawana in tow, and was made the subject of a TV series called Al Oeming — Man of the North.

"He was a big hero in my family, especially to me," Robert said.

After Al's death in 2014, Robert and his father were standing in the polar bear enclosure at the park, tossing around ideas for the site, when Robert's father pointed out the old bear pool was the right size for a brew kettle.

And so the Polar Park Brewing Company was born.

Although the location has since moved to a more accessible location off Whyte Avenue — they move into the old Bee Bell Bakery location in March — Robert still hopes to grow ingredients for the brewery at the old park.

Robert notes the gorilla enclosure has particularly good light.

The brewery is part of a larger plan to continue his grandfather's legacy of conservation — he plans to power the brewery using Bullfrog electricity, grow as many ingredients as possible locally and eventually install solar paneling.

"He always liked having the good name out there, and if we can keep it in line with his conservation work and showcase some of the current environmental issues we're facing ... I think he'd be proud," said Robert.

The new brew master has their first recipe ready for when they move into their new location. It's a wheat beer, made with citrus and "mystery spices."

They call it Man of the North.

I mean, he bred polar bears. That's a pretty cool story to have as a kid.

Robert Oeming



Above: The late Al Oeming, owner of the now-closed Polar Park.

Below: Robert Oeming, Al's grandson, who's behind the future Polar Park Brewing Company.

CONTRIBUTED

MARK MAREK TRIAL

Guilty plea for posting gory vid

An Edmonton website owner has pleaded guilty in the posting of an infamous video of Luka Magnotta dismembering a Chinese university student in Montreal.

The trial for Mark Marek, who founded bestgore.com, was to start Monday.

But Marek, who is 41, has pleaded guilty to publishing obscene material — a charge under the corrupting morals section in the Criminal Code.

"I admit to posting the video and then it went beyond serving the public good," Marek told the court.

He was arrested a year after the 2012 killing of Jun Lin.

Police alleged Magnotta sent Marek the video and that Marek posted it online knowing it depicted real killing.

Magnotta was convicted in 2014 of first-degree murder and sentenced to life in prison.

The video, titled "1 Lunatic 1 Ice Pick," shows a man in a dark hoodie stabbing an already dead Lin and eventually cutting the body into pieces.

An officer testified that it appeared on various sites under different titles and, while some sites removed it at the request of police, bestgore.com resisted.

In a previous email to The Canadian Press, Marek said he removed the video the same day police publicly identified Magnotta as a suspect.

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CITY COUNCIL

Uber bylaw could be decided Tuesday



**Ryan
Tumilty**
Metro | Edmonton

Edmonton's year-long Uber debate could end Tuesday as city councillors consider the proposed ride-sharing bylaw for what could be the final time.

Councillors passed first reading on the proposed bylaw in November, but sent administration away for more work on it. Their revisions will come before council Tuesday.

Balraj Manhas, president of the United Cabbers Association, said the bylaw would be a death blow to taxi drivers.



I don't know if we will get it done in four hours.

Coun. Dave Loken

"If they pass this, as proposed, full-time drivers will come back to part-time. It will not be a full-time job for any taxi industry driver," he said.

He added that drivers have met in recent days to discuss



Cabbers protest Uber at the last city hall hearing. METRO FILE

protests or even a strike if the bylaw passes.

The proposed ride-sharing bylaw would allow Uber drivers to operate legally, provided they have proper insurance and register with the city.

The company would have to pay a \$50,000 fee and there would be a flat fee of six cents per trip applied, to pay for the cost of monitoring the industry.

For riders, the change would allow both taxi and Uber drivers to charge whatever fare they want when a trip is arranged in advance.

Under the proposed bylaw, only cabs can accept street hails and those trips would have to follow the meter.

Coun. Dave Loken believes the city should be able to finalize a bylaw this week.

"I don't know if we will get it done in four hours, because the administration's report has now resulted in a number of questions we didn't have before," he said.

But Loken said he's concerned about the bylaw's fare structure and worries without a minimum, ride-share operators could decrease prices until taxis were forced out of business.



A police officer demonstrates a **wearable body camera**. CONTRIBUTED

No body cams — yet

POLICE

Startup cost of \$412,454 too high for now



**Alex
Boyd**
Metro | Edmonton

An Edmonton police plan to equip 60 officers with wearable body cameras this year has been put on hold, at least for now.

"This would require additional funding and I don't see it competing as high as our other un-

funded requests," deputy chief Danielle Campbell said during discussions about the budget at police commission Thursday.

Police have estimated the body-camera program requires a one-time start-up cost of \$412,454 and \$425,000 per year after that.

A three-year pilot project with the cameras wrapped up last year, and the final report recommended providing 60 cameras to members of the impaired driving unit and the specialized traffic apprehension team.

The report's authors said the

I don't understand why they wouldn't make this a really big priority.

Lawyer Shannon Prithipaul

cameras could have "significant benefits," including increased transparency.

"We recommended that the best value at this moment in time is deploying them in a targeted fashion," said Peter Clissold, director of the EPS

Security Management Branch, which helped write the report.

"We're targeting repeat or prolific offenders ... that's where we think we'll get the best bang for the buck for public safety," he said.

But Clissold said the pilot project left a few questions unanswered — specifically how to store and archive such large volumes of video, how to make it accessible and how the videos would be treated as evidence in court.

Clissold said the project could still go ahead in future if funding is received.

RICK MERCER REPORT

TONIGHT

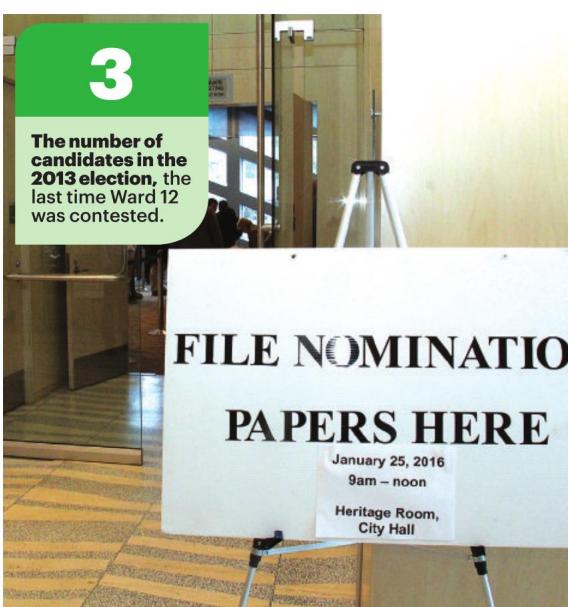
Rick takes Montreal by storm
when he attends the annual Fête des Neiges.

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ALL-NEW
TONIGHT 8

3

The number of candidates in the 2013 election, the last time Ward 12 was contested.



Busy place: City hall saw a historic turnout for nominations.

RYAN TUMILTY/METRO

Byelection: 32's a crowd

CITY COUNCIL

High turnout for Ward 12 seat a record for Edmonton

Ryan Tumilty
Metro | Edmonton

Residents of Edmonton's Ward 12 will have choice — a lot of choice — in February as 32 candidates registered Monday to contest the city's Feb. 22 byelection.

Director of Elections Laura Kennedy said 32 candidates was definitely a record for Edmonton and could be for Alberta, too.

"This is pretty exciting," she said. "This is definitely democ-

racy happening."

In the city's last general election, in 2013, there were 118 candidates split between the mayoral race, 12 council races and trustee elections in both school boards. Former Coun. Amarjeet Sohi won the Ward 12 seat handily, with just two competitors during that race.

Kennedy said the process is the same, regardless of the number of candidates in the race. The city believes it can get all 32 names on a standard ballot, she added, but may look at using longer sheets of paper if necessary.

There are 61,452 eligible voters in the ward and about 18,000 people voted in the last election.

Kennedy said she hoped the large number of candidates would lead to better voter turnout.

AND THE CANDIDATES ARE...

Barring an unforeseen turn of events, one of these 32 people will be elected Feb. 22 to serve Ward 12:

Shani Ahmad
Jason Bale
Moe Banga
Danisha Bhaloo
Victor Viorel Bujor
Mike Butler
Nick Chamchuk
Irfan Chaudry
Jag Gill
Andrew Gorman
Brian Henderson
Lincoln Ho
Sam Jhajj
Dan Johnstone

Kelly A. Kadla
Nav Kaur
R. Joey Koopmans
Don Koziak
Balraj Singh Manhas
Terry J. McKinnon
Rakesh Patel
Field Pieterse
Arundeep Singh Sandhu
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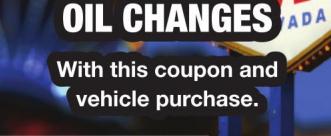
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Tired drivers rejoice: More places to rest

PUBLIC SAFETY

Province announces plan to add highway stops

Ryan Tumilty
Metro | Edmonton

Alberta highways could offer more places for drivers to take a break, as the government looks to significantly expand the number of highway rest stops.

Alberta Transportation is looking for a consultant to evaluate proposals for new rest stops on most major highways.

Tender documents, which went out earlier this month and are due back in February, ask for a consultant to conduct feasibility studies, identify potential sites and evaluate business plans for dozens of locations across the province.

Alberta Transportation spokeswoman Carrie Sancartier said the government has a long list of decisions that need to be made before new stops appear.

"It could be a couple of years before we make our way through the process of all those things," she said.

She said the government wants to make it easier to get around, with more places for tired drivers to take a break.

"We want to ensure the safety of the travelling public and make sure we're providing effective safety rest areas," she said.

A map included in the tender identifies sites on Highway 2, Highway 63, Highway 1, Highway 43, Highway 3 and the Yellowhead.

Sancartier said the successful proponent will help the government decide the makeup of the facilities, but generally they are looking for food, bathrooms and gas that would be available 24 hours a day.



Ontario has a network of service centres along its major highways; soon Alberta will, too. COURTESY KILMER SERVICE CENTRES

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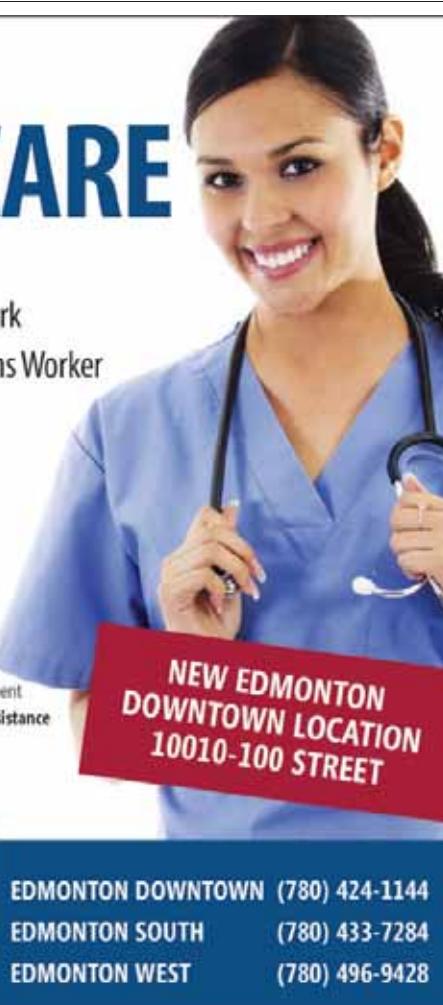
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U OF A STUDY

Opioids kill pain, don't help mobility

Alex Boyd
Metro | Edmonton

Patients who are not prescribed opioids — morphine, codeine and Tylenol 3, among others — have better physical function over the long term, a University of Alberta study has found.

The study, published in Pain Medicine, focused on patients with neuropathic pain, a common ailment resulting from nerve damage, as well as from damage caused by chemotherapy, stroke or pinched nerves.

Controlling for the severity of the condition, researchers found patients who weren't prescribed opioids had an easier time doing things like moving around.

"Most of the research talks about how opioid medica-

tions are helpful for pain relief, but there's little research about how it's good for function," said Geoff Bostick, an assistant professor of physical therapy.

Bostick said the study's findings are positive because they show there's more to improving function than just pain relief — meaning those with chronic pain who struggle with pain relief still have options for improving function.

"The better strategy wouldn't be to eliminate medication necessarily, but it would be about a more comprehensive strategy," he said.

He said people may benefit from a mix of treatments, like instruction on how to exercise without making pain worse, or support for the mental challenges that often come with chronic pain.

Most of the research talks about how opioid medications are helpful for pain relief, but there's little research about how it's good for function. U of A Prof. Geoff Bostick

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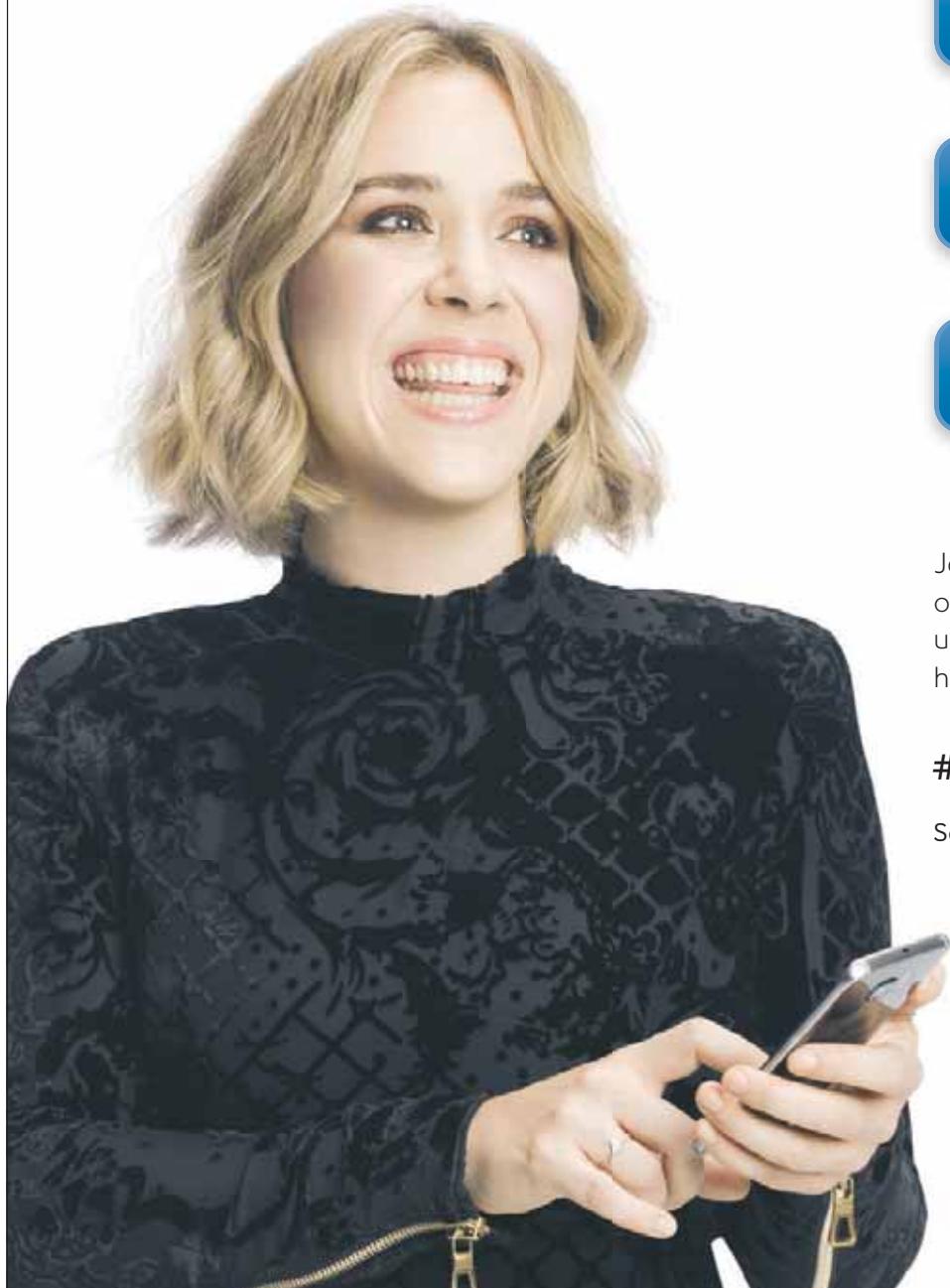
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WestJet scales back flights

TRANSPORTATION

Airline blames turbulence in Alberta's economy

 **Sanam Islam**
Metro | Edmonton

Fewer WestJet planes will fly to and from Alberta's two biggest cities as the economic downturn continues to bite.

As of March, the airline will cut five flights daily from Edmonton and six from Calgary.

"This was certainly a tough decision for us," said Richard Bartram, vice-president of communications at WestJet.

"We base it on supply and demand. What we're seeing with the downturn in the economy is that there is less demand to and from energy markets, not only within Alberta and B.C., but in other areas across Canada."

WestJet will reduce service between Edmonton and three



WestJet is reducing the number of flights in and out of Edmonton and Calgary starting March.
DARRYL DYCK/THE CANADIAN PRESS

B.C. cities — Abbotsford, Nanaimo and Kamloops — as well as between Grand Prairie, Alta.

The airline is also cutting the number of flights between

Calgary and Brandon, Man. and Fort McMurray, as well as between Calgary and Terrace and Prince George, B.C.

But the news isn't all cuts:

The carrier is transferring more of its planes to fly in eastern Canada, which means there will be more trips between Toronto, Ottawa and Mont-


With the downturn in the economy ... there is less demand to and from energy markets.

Richard Bartram

real, as well as to Atlantic destinations such as Halifax and Fredericton.

"While we're seeing less demand in the west, in eastern Canada, there's more opportunity and increased demand. This becomes about redeploying the fleet in an efficient manner," Bartram said.

In line with that strategy, he said if the situation changes, the company would consider restoring flights that were cut.

"We look forward to a time when the price of oil starts to come back up, and we see more workers back in those markets so that we can service those markets in the future," Bartram said.

GROCERIES

How to cut the food bill

Statistics Canada estimates food prices have jumped by more than 4 per cent over the past year, and many are looking for ways to cut spending without calories.

That's what Tamison Bencz-Knight, a manager with the Edmonton Food Bank, is suggesting to the non-profit's clients and to anyone else who is feeling the pinch. "One thing we recommend is buy seasonal fruits and vegetables, which are more readily available and cost less than those that are out of season," she says.

Bencz-Knight also suggests people consider buying frozen vegetables instead of fresh. "Frozen peas or corn taste just as good, but they will cost less," she says. In addition, people may want to consider alternatives for foods that have almost become luxury items, she adds.

"Instead of buying grapes, why not buy a box of raisins instead? Wait a little while, and then buy them when they do become reasonable again," she says. SANAM ISLAM/METRO

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REDx Talks comes to YEG

INDIGENOUS CULTURE

Leaders and artists will discuss art's healing power



Sanam Islam
Metro | Edmonton

Dubbed "REDx Talks" after the well-known TED Talks, an indigenous speaker series with a message is coming to Edmonton for the first time this February.

"We want to build a global knowledge bundle. It's time for us to unpack our traumatic past in a safe, familial space that's accessible to the public," says Cowboy Smithx, the founder of the speaker series and artistic director of the Iiniisti Treaty Arts Society.

The first REDx Talks event was held in Calgary last October, and following its success, Smithx decided to expand to other cities.

The Edmonton series — which is being held in associa-



Cowboy Smithx, the founder of the REDx speaker series, wants to create a safe space for the indigenous community to discuss trauma. COURTESY REDX TALKS

tion with the Rubaboo Arts Festival, another indigenous event — will feature seven speakers focusing their thoughts on the "Art is Medicine" theme.

"There will be a lot of personal stories from speakers who have turned to music, writing and acting to help them get through whatever

traumas they might have gone through. That might have been intergenerational issues, violence or addiction," says Smithx, who's a filmmaker

and actor.

Speakers will include local award-winning chef and Chopped Canada contestant Shane Chartrand and Grand Chief Tony Alexis of Treaty 6 Nations.

"I got involved because I want to empower those who attend to celebrate their identity. When I speak, I want our people to remember we have gone through a lot, but we continue to prosper," says Alexis, who in addition to his talk plans to sing a song and perform on drums.


We want to build a global knowledge bundle.

Cowboy Smithx

After each 15-minute talk, attendees can gather in intertribal sessions during which members of all clans can have an open discussion about the talk with the speaker.

In addition to the talks, there will be performances, music and food by Chartrand.

FATALITY

Calgary man shot during confrontation with police

Surrounding houses and a transit bus were struck by bullets before police gunfire killed a man during a weekend confrontation in a residential neighbourhood in Calgary.

Police say officers surrounded a residence in the Huntington Hills area Sunday afternoon after getting word that shots had been fired indiscriminately from the home.

The crew aboard a police helicopter used a bullhorn to warn area residents to stay in their homes and to take shelter in their basements.

The man was killed by police after a standoff that lasted more than an hour, but no one else was hurt.

Police say they had been called to the home in the past, but won't say why.

The Alberta Serious Incident Response Team, which investigates police shootings, is involved in the investigation.

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Poul Mark opened his first Transcend Coffee shop 10 years ago and says coffee culture is still just growing in Edmonton. SUPPLIED

Bean there, but haven't done that

FOOD & DRINK

City's coffee culture still a brewing work in progress

Lucy Haines
For Metro

Creating a coffee culture in Edmonton has been a laborious ongoing project. Ask Poul Mark.

Mark opened the city's first Transcend Coffee shop 10 years ago, and while his Argyll Café at 62 Avenue and 98 Street does good business, he hasn't fared as well with a Jasper Avenue location, which closed in 2013, and the current incarnation on 104 Street in the Mercer Building.

"It's always slow growth—the city is still largely chain driven, and people's mindset for coffee is based on convenience,"

said Mark. "It's an issue of access — having enough of an independent presence to create awareness; something to make people walk an extra few blocks for their favorite roast, instead of grabbing what's closest, especially when the weather is bad."

Daniel Cournoyer of Café Bicyclette (in the city's French Quarter/Bonnie Doon) at La Cite Francophone, said "there's a clientele looking for environment — not just the coffee. "We make a full-on effort with the French bistro presence," he said. "I see it elsewhere, look at Little Brick or Iconoclast Koffiehuis. It's taking off now."

There is some 'stick' for players looking to create a culture in Edmonton: Leva and Credo have devoted followings, while

It's always slow growth—the city is still largely chain driven.

Coffee shop owner Poul Mark

Da Capo and Transcend are expanding in 2016 with spots on Jasper Ave. and in the Ritchie Market, respectively.

"We're making our roasting machine more visible again in Richie. Having that visible presence in this competitive market should help," Mark said.

Mary Bailey, editor of the city's food and drink magazine The Tomato, said that in the last five years, she has seen a wave of independents give Edmontonians a reason to 'take a walk for that coffee experience. And there is a trend toward those coffee bars that roast their own."

Bailey said she favours solo java spots like Coffee Bureau or Lock Stock Coffee on Jasper Ave.

"Nobody thinks of Starbucks as cool anymore," she said.

STUDY

Electricity prices may rise with emission reductions

A new study has found that Alberta's Climate Leadership Plan would result in big reductions in emissions but that the cost of boosting renewable energy usage would mean significantly higher electricity rates.

The report, prepared by utilities consultant EDC Associates Ltd., looked at the impact of the NDP government's plan to phase out coal power by 2030 and source 30 per cent of energy from renewable sources.

It found that the boost in re-

newables and the end of coal would mean a 45 per cent reduction in emissions, or 18.5 million fewer tonnes of carbon released into the atmosphere a year. However, under the province's privatized utility system, prices would have to be between \$60 to \$85 per megawatt hour to justify wind power construction.

And if solar power were to make up 50 per cent of the renewables mix "it would cost between \$200 and \$300 per megawatt hour," the study found.

With power markets oversupplied, the province's current pool price is hovering around \$20 per megawatt hour, while in 2014 pool prices averaged about \$50 per megawatt hour and \$80 in 2013.

The NDP government has not made a clear commitment to compensate producers for the early closure of coal-fired power plants, but it has said it would treat producers "fairly" and not "unnecessarily strand capital."

THE CANADIAN PRESS

LA LOCHE

Bullying provoked shooting: Friend

If being bullied and teased about his big ears bothered him, he didn't let on, said those close to the 17-year-old suspect in a deadly shooting spree in northern Saskatchewan.

The teen, who can't be named under the Youth Criminal Justice Act, appeared in court Monday and is accused of orchestrating the school shooting, one of the deadliest in Canada's history, at La Loche Community School last Friday.

Childhood friend Emilio Montgrand, 25, said the alleged shooter was teased about his appearance, especially his big ears. Despite their age difference, Montgrand said the two were close.

"I do blame the bullying," Montgrand said.

The suspect is charged with four counts of first-degree murder and seven counts of attempted murder. He is to be held in custody until his next court appearance Feb. 22.

TORSTAR NEWS SERVICE



New York officials say the American side of Niagara Falls may be redirected to the Canadian side to support a series of infrastructure projects. ISTOCK

U.S. considers turning off falls



The U.S. falls have been reduced to a trickle before. In 1969 engineers checked on erosion and removed loose rock to strengthen faults in the foundation. NIAGARAFALLSLIVE.COM

IN BRIEF

Toronto officer guilty of attempted murder

A Toronto police officer was found guilty of attempted murder Monday in the shooting death of a troubled teen on an empty streetcar.

After six days of deliberations, an 11-member jury cleared Const. James Forcillo of the more serious charge of second-degree murder in the 2013 death of 18-year-old Sammy Yatim, an incident that sparked public protests in the city.

THE CANADIAN PRESS

NIAGARA RIVER

Water would be directed to Canada during bridge repairs

The American side of Niagara Falls may temporarily turn into a rock patch.

New York State officials are planning a public hearing on Wednesday to discuss whether to turn off the taps on their side of the waterway while replacing 115-year-old bridges.

To do this, they might stem the flow on the American side

of the falls while redirecting Niagara River water to the Canadian side.

"We would divert," Randy Simons, of the New York State Parks, Recreation & Historic Preservation, said in a telephone interview. "The water would go over the Canadian side."

Whatever happens on Wednesday, the public won't see rocks instead of water on the American side of the iconic falls for several years, Simons said.

"You're looking at at least three, five, seven years," Simons said. "We don't have any funding on this."

It would take federal funding to support the project, expected to cost tens of millions of dollars, Simons said.

The agenda for the Wednesday meeting includes the presentation of three proposals, two of which call for "de-watering" of the falls, Simons said.

One of the "de-watering" proposals involves shutting the American falls down for five months and the other for seven months, Simons said.

The bridges were built in 1900 and 1901 and they have been refurbished in 1969, 1980, 2004 and 2013.

If "de-watering" occurs, it

wouldn't be the first time the falls went dry.

U.S. engineers diverted water away from the American falls for several months in 1969.

Engineers then strengthened faults in the falls' foundation to stem erosion.

The water-less falls in 1969 actually proved to be a tourism

draw, and that could happen again, Simons said.

"They had a unique tourism opportunity when that happened," Simons said. "We think it would be a huge tourism draw (again). It would be a once-in-a-lifetime (opportunity)." TORSTAR NEWS SERVICE WITH FILES

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Cold snap blamed for 65 deaths

EAST ASIA

Countries see coldest days, heaviest snow in 50 years

Unusually cold weather in eastern Asia has been blamed for more than 65 deaths and brought the first snow to a subtropical city in southern China in almost 50 years. Here is a look at the worst cold weather to hit the region in years:

TAIWAN

Temperatures in Taiwan's capital of Taipei plunged to a 16-year low of 4 degrees Celsius, killing 57 mostly elderly people, according to government officials. The semi-official Focus Taiwan news website reported that 85 people had died because of the cold.

Most homes in subtropical Taiwan lack central heating, and the cold caused heart trouble and breathing problems for many of the victims, a city official said.

Normally, temperatures in Taipei hover around 16 degrees

C in January, according to Taiwan's Central Weather Bureau.

The cold snap was blamed in the deaths of 40 people in the capital, Taipei, and 17 in neighbouring New Taipei City. The cold front also left 9 centimetres of snow on Taipei's highest peak.

MAINLAND CHINA

Most parts of mainland China experienced their coldest weather in decades over the weekend.

The southern city of Guangzhou, which has a humid subtropical climate, saw snow for the first time since 1967 on Sunday.

The cold led to the deaths of four strawberry farmers who died of carbon monoxide poisoning when they turned up the heat in a greenhouse in Anhui province in the east, the Xinhua News Agency reported.

A woman died in the southwest after the railings on her 24th-floor balcony broke as she leaned over to look at the first snow in Chongqing in 20 years, sending her plummeting.

The cold spell coincided with the beginning of the 40-day travel rush for the Lunar New



WALLY SANTANA/THE ASSOCIATED PRESS



AFP/GETTY IMAGES



JJI PRESS/AFP/GETTY IMAGES

dead over the weekend and possibly a sixth on Monday.

Kyodo News service said the victims included a woman who fell from a roof while removing snow, a man in a weather-related traffic accident and another man found under a snowplow.

Also dead were a couple that fell into an irrigation channel, apparently while removing snow.

An 88-year-old woman in western Japan's Tottori prefecture died after a landslide hit her house before dawn on Monday, Kyodo and other media reported.

SOUTH KOREA

Temperatures in the capital, Seoul, fell to minus 18 degrees Celsius on Sunday, the lowest since 2001. On Saturday, Jeju Island received 12 centimetres of snow, the heaviest since 1984, and its airport was closed from Saturday until Monday.

The shutdown stranded about 86,000 people, mostly tourists, on the island and forced the cancellations of about 1,100 flights, according to Transport Ministry and airport officials. THE ASSOCIATED PRESS

Year, which is on Feb. 8 this year, disrupting cars, flights and trains.

More than 11,000 passengers were stranded at Kunming airport in southern Yunnan

province.

Temperatures fell 8 to 16 degrees Celsius from Thursday to Sunday in parts of north China, and temperatures in central and eastern China were 6 to

8 degrees lower than average, Xinhua said.

JAPAN

Heavy snow in western and central Japan left five people

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A new Banksy mural displayed opposite the French embassy in London depicts a young girl from the musical *Les Misérables* with tears in her eyes. **The art criticizes the use of teargas in a migrant camp in Calais, France.** GETTY IMAGES

Banksy art criticizes France

REFUGEE CRISIS

Mural painted across from French embassy in London

British graffiti artist Banksy is tackling the refugee crisis once again, with a new mural criticizing the use of tear gas against migrants in "The Jungle" camp in Calais, France.

In the new piece, Banksy depicts the young girl from the play *Les Misérables* with tears in her eyes as plumes of tear gas rise up from a canister beneath her. A ripped French flag is also painted behind her. The image appeared opposite the French embassy in Knightsbridge, London, overnight on Saturday. The *Guardian*

ian reported.

It is the first time Banksy has made an interactive mural.

When passersby hold their phones over a QR code beneath the image, they are directed to a YouTube video of a nighttime raid on the Calais camp on Jan. 5.

Workers boarded up the mural, but the boards were removed shortly thereafter, the BBC reported. The mural has been damaged after attempts have been made to take it down.

This isn't the first time Banksy has tackled the refugee crisis.

In December, the artist depicted Apple founder Steve Jobs in a mural at the Calais camp itself. The image shows Jobs carrying a garbage bag over his shoulder and an early Apple computer.

TORSTAR NEWS SERVICE

IN BRIEF

U.K. company criticized for migrant wristband policy

A private company that required asylum-seekers to wear red wristbands says it has dropped the practice after facing heavy criticism.

A statement from Clearsprings Ready Homes said it has decided to end the practice Monday. The policy had come under fire from legislators who warned

it singled migrants out for possible harassment and abuse.

Clearspring holds a government contract to provide accommodation and meals to the asylum-seekers at a facility in Cardiff, Wales. Asylum-seekers are not allowed to work or to claim welfare benefits but they are given food and shelter.

THE ASSOCIATED PRESS

EUROPE

New ISIL attacks are likely: EU police

Europe's top police agency issued a stark warning Monday: Islamic State of Iraq and the Levant (ISIL) extremists will keep attempting lethal attacks on soft targets in Europe as the militant group increasingly goes global.

Some two and a half months after suicide bombers and gunmen killed 130 people in Paris, the Europol agency said, "there is every reason to expect that ISIL, ISIL-inspired terrorists or another religiously inspired ter-

rorist group will undertake a terrorist attack somewhere in Europe again, but particularly in France, intended to cause mass casualties among the civilian population."

The sobering conclusions reached by experts from the European Union's chief agency for law enforcement co-operation and EU member states make clear that many, perhaps virtually all in Europe, may be at risk. "Without reliable intelligence

on the intentions, activities and contacts and travels of known terrorists it is nearly impossible to exactly predict when and where the next terrorist attack will take place, and what form it will take," the Europol report said.

Hours before the report was issued, a new video was released by ISIL celebrating the killers who carried out the Nov. 13 attacks in Paris — while threatening fresh bloodshed.

The grisly recording ends with one militant holding a severed head, footage of British Prime Minister David Cameron giving a speech, and an ISIL warning that whoever stands with the unbelievers "will be a target for our swords."

French Interior Minister Bernard Cazeneuve said the report did not go beyond previous warnings and was not intended to sow fear but "to look lucidly at reality." THE ASSOCIATED PRESS

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IN BRIEF**Medical pot prices cut**

Licensed marijuana producer Bedrocan is slashing the price of all six of its medical cannabis strains to \$5 a gram, citing a desire to make medicine more affordable for patients. The products previously cost \$7.50 a gram. THE CANADIAN PRESS

Walmart ending free bags

Beginning Feb. 9, Walmart Canada will charge five cents for plastic bags as part of its strategy to cut the amount of plastic that ends up in landfills. Reusable bags will be

available for a discounted rate of 25 cents each. Walmart says some of the proceeds from the new charge will go toward supporting recycling initiatives for grocery bags. THE CANADIAN PRESS

McDonald's sales rise

McDonald's, fighting to win back customers, says offering breakfast around the clock helped jolt its sales which rose 5.7 per cent in the U.S. for the final three months of 2015. It was its best showing since early 2012.

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**SUPER BOWL RESIDENTS CHARGE SKY-HIGH RENTS**

Therese Lehane, playing with her dog outside her house in San Jose, Calif., is renting out two of her rooms to Super Bowl news crews. In the San Francisco Bay Area, where high rents are legend, residents looking to make a quick buck are offering their homes at super-sized prices to the one million visitors expected for the Super Bowl festivities. A luxury 8,500-square-foot home is listed for \$10,000 US a night, while a 400-square-foot cottage is going for \$3,900 US for the three-night weekend. A four-bedroom apartment near "Super Bowl City" is listed at \$1,495 US a night, with a minimum six night stay. And a treehouse for two in a 150-year-old oak tree a half hour drive from downtown is going for \$495 US a night. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Too soon to close door on TPP deal: Freeland

TRADE**Canada has two years to ratify accord after signing**

The federal government has confirmed that it intends to sign the controversial Trans-Pacific Partnership trade deal at a meeting on Feb. 4 in New Zealand.

But when it comes to ratification of the 12-country treaty, the Liberals are still perched squarely atop the fence.

"Just as it is too soon to endorse the TPP, it is also too soon to close the door," International Trade Minister Chrystia Freeland wrote Monday in an open letter posted on her department's website.

"Signing does not equal ratifying.... Signing is simply a technical step in the process, allowing the TPP text to be

tabled in Parliament for consideration and debate before any final decision is made."

Only a majority vote in the House of Commons would ensure that Canada seals the deal, she added. She has also requested a thorough, transparent study of the agreement by parliamentary committee.

Freeland said each country



Chrystia Freeland

THE CANADIAN PRESS

has up to two years to consider ratification before making a final decision. She pointed out that by signing the deal Canada will keep its status as a potential full partner in the agreement.

Trade ministers from the TPP's partner countries have been invited to sign the deal on Feb. 4 in Auckland.

THE CANADIAN PRESS

What to do after winning a jackpot

Lottery players put plenty of thought into picking their numbers. But how much goes into the plan if they actually win? Here's what financial experts say you should do next:

1 Cool off for 30 days:

Larry Moser, regional manager with BMO Investor Line, says the prize announcement can wreak

havoc on your life.

2 Get professional help: Find a lawyer or financial adviser to help structure a financial plan.

3 Calculate income needs: A financial plan will help you determine how much money you need to maintain a lifestyle.

4 Sort out giveaways: With family and friends,

one idea is a one-time only gift, says Ted Rechtfraffen, president and CEO, TriDelta Financial. For charities, set up a charitable foundation to generate tax credits.

5 Invest tax-efficiently: Investments can range from a diverse equity portfolio to a permanent life insurance policy.

TORSTAR NEWS SERVICE

metr**VIEWS**

Your essential daily news

Tuesday, January 26, 2016



THE BIG THING: MEDIA MELTDOWN

A trickle of job losses in Canadian news media became a gush this month as Postmedia, Torstar and now Rogers Media are together showing hundreds of employees the door. Meanwhile, serious labour strife has broken out at the Halifax Chronicle Herald, and some of the country's oldest daily newspapers are being tossed onto doorsteps, in print form, for the very last time. What's the scoop on the media's troubles?

NEED-TO-KNOW NUMBERS

Rogers Media revealed Monday it's nixing 200 jobs in publishing, broadcasting and administration, though exactly who's getting the axe hasn't been announced yet. **Metroland Media** announced Monday the Guelph Mercury will close its print edition and let go of 23 full-time and three part-time employees. The Toronto Star announced plans in January to consolidate its printing in one plant; cutting 300 jobs, including 13 editorial positions. (Metroland, like Metro News, is part of Torstar).

Postmedia said goodbye to 90 employees last week and merged the staff of its formerly competing Sun and Postmedia newspapers in Edmonton, Ottawa, Vancouver and Calgary.

La Presse, a major French-language daily, shut its weekday print edition in December, making 158 employees redundant.

Bell Media laid off 380 employees in November, most of whom worked in media production and editorial roles.

What's old is news again

Much has been made of Postmedia's plans to merge daily paper operations in major cities. But the industry has gone through periods of consolidation before — throughout the 19th and 20th centuries, in fact. Have you ever noticed how many newspapers have double-barrelled names? The Saskatoon Daily Star and The Daily Phoenix became the Saskatoon StarPhoenix in 1928. The Toronto Mail and Toronto Empire became the Mail and Empire in 1895, and in 1936 merged with the Globe, creating today's Globe and Mail. There are similar stories about the Times Colonist in Victoria (merged in 1980), the Halifax Chronicle Herald (1949), and maybe your hometown paper, too.

THE BIG NUMBER
\$650M

The problems at Postmedia, Canada's largest newspaper chain, can be summed up in one word: debt. Last week's cuts were just one part of a plan to shave \$80 million from the company's costs by the middle of next year — and even that won't get it back into the black. It owes more than half a billion dollars. The interest payments alone are about \$60 million per year, much of it going to American hedge funds that own part of the company. Moody's Investors Service downgraded its debt rating for Postmedia this week, saying its purchase of Sun Media last spring had a worse than expected impact on the books. Moody's also expressed doubt that Postmedia would be able to refinance its debt before it comes due in 2017 and 2018. SOURCE: REPORT ON BUSINESS

Cause of the crisis

Perhaps surprisingly, the average time Canadians spend reading the newspaper has stayed almost the same since 2000, at around three hours per week, according to the Interactive Advertising Bureau of Canada. And 70 per cent of us were still staining our fingers with newsprint on a regular basis in 2013, says a PricewaterhouseCoopers report. It's the advertisers, more so than readers, who have fled to the web. PwC analysts expect print advertising revenue in Canada to decline from \$2.7 billion in 2008 to \$1.7 billion by 2017 — a billion-dollar loss. Where is that money going? Facebook and Google together hold more than 55 per cent of the U.S. mobile advertising market; where the growth in the industry is. It's likely the picture in Canada is similar.

SOURCE: REPORT ON BUSINESS

ROSEMARY WESTWOOD
metroview

Twitter is not the digital equivalent of the public park

Twitter is no walk in the park.

Not figuratively, for the many women subject to a regular dose of rape and death threats — but not literally, either.

It's not the digital equivalent of the public park, or public sphere, as has been suggested by pundits analyzing the not-guilty verdict handed down Friday in the country's first-known Twitter harassment case.

Far from being the wild west or the great wide open, Twitter is a private company, operating for profits. And anyone lauding the Twitter verdict as a victory for freedom of speech should expect those celebrations to be short-lived.

Because, on Twitter, exactly the kind of freedom of speech protected by the verdict is bad for business.

The background: Gregory Alan Elliott had been charged with criminal harassment after he sent numerous tweets to and about two women in 2012. The women testified that they feared for their safety. Judge Brent Knazan believed the women were harassed, and that they did fear for their safety, but he found that fear was not reasonable or proved beyond a reasonable doubt.

But Elliott, who boasted after the verdict that his

tweets were "within the law," should note that his actions violate Twitter's own harassment policy. The company is setting the bar much lower than the courts, in an attempt to fight abuse of exactly the kind he spewed.

Last year, Twitter's then-CEO admitted that "We suck at dealing with abuse and trolls on the platform, and we've sucked at it for years."

Twitter has since been making efforts to change that, and last month it released yet another update to its rules. Those changes include making it easier for users to report abuse, and for Twitter to lock accounts and force offensive tweeters to delete their comments.

But even so, the company is walking a fine line. Trolls are bad PR and a bad user experience, but many users demand Twitter uphold principles of free speech, even though, unlike Judge Knazan, it's under no legal obligation to do so. Hence the site's somewhat self-negating claim that its "taken several steps to fight abuse in order to protect freedom of expression."

But Twitter won't be able to have its cake and eat it, too. Now that we know the courts aren't the place to police Twitter harassment, it's even more obvious that job falls to Twitter — which, after all, runs the place.

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Stepping back from the abyss

MENTAL HEALTH

Author shares his hard-won wisdom of how to defeat depression

Henrietta Walmark



When Matt Haig was 24, he walked to the edge of a cliff, ready to step off and end his life. He had fallen into his first depressive state and very nearly committed suicide. Haig's memoir, Reasons to Stay Alive (HarperCollins, \$19.99), is rooted in that moment and the yearlong breakdown that followed.

A decade and a half later, the bestselling author of The Radleys and The Humans admits he was initially reluctant to share his history of depression and anxiety. "I was someone who hid behind the relative secur-

ity of fiction, who was the sort of writer who explored things in an abstract or indirect way," Haig, now 40, says during a phone interview from England. "For various reasons I was worried about putting pen to paper about this."

Haig needn't have worried. Although the book was released in Canada just last week, Reasons to Stay Alive launched a year ago in Britain where it became a Sunday Times best-seller and was lauded by Stephen Fry, Jeanette Winterson and Michael Palin.

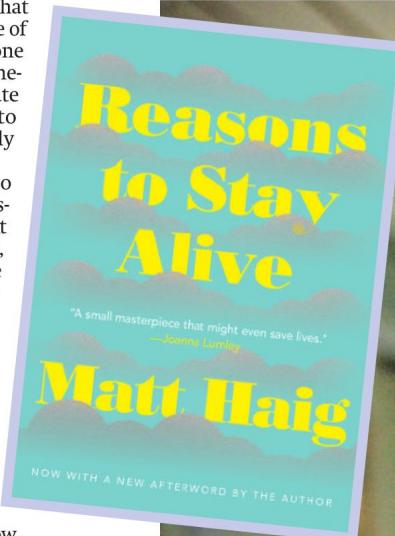
While the narrative thread of the book follows how Haig triumphed over his illness, Reasons to Stay Alive takes on a somewhat unconventional form. "Even as I was writing it, I was trying work out what the book was," Haig says. "I ignored thinking in terms of writing an academic book or a straightforward memoir or a straightforward self-help book."

All Haig cared about as he was writing, he says, was how to engage someone's attention. "I wanted to make a difference

to someone in that [depressive] state of mind, or someone who knows somebody in that state of mind, and to try and actually help them."

Reasons to Stay Alive is easily accessible. At just 200 pages, some of the book's chapters are as short as a single page or are comprised of lists like Things people say to depressives that they don't say in other life-threatening situations, or How to live (forty pieces of advice I feel to be helpful but which I don't always follow).

When asked what single piece of advice he would offer someone in a depressive state, Haig says, "Things change," and later adds: "Try and allow hope in, to realize that you will not stay in that place, that you will be a different person 10 years from now. Everything in your life will get better. Life is up and down but it will not stay the same. When you're feeling that pain, it's very important that you understand that."



HOW TO LIVE NO. 38

'Remember that the key thing about life on earth is change... Caterpillars become butterflies. Nights morph into days. Depression lifts.'

FROM REASONS TO STAY ALIVE



Author Matt Haig opens up about his depression in Reasons to Stay Alive. CONTRIBUTED

EXISTENCE RECONSIDERED

Life lessons extend beyond mental illness

"I don't wish depression on anyone, but from someone who's had depression, one of the ways of coming to terms with it is actually to be thankful for some of the stuff it gives you. It forces you to think about your existence in a different way," says Haig.

"It was just a natural thing of where depression led me, and also how depression can actually help people without depression — how there are life lessons which extend beyond the illness and how best to cope with it."



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Would you take placenta pills?

MOTHERHOOD

Critics worry about possible health risks of growing trend

Kim and Kourtney Kardashian have tried them. So have January Jones and Holly Madison. And in recent years, more and more new moms are popping capsules of dried, ground placenta.

It's a trend members of the medical community are noticing. Advocates tout the potential — albeit unproven — health benefits of the pills, from reduced rates of postpartum depression to a post-birth energy boost. At the same time, some health professionals are raising red flags about the possible health risks surrounding preparing and consuming the organ that nourishes a growing fetus.

The supplement-sized capsules are made from the woman's own placenta, which is expelled following the birth of her child. Moms who've tried the pills report an increase in milk supply and a sense of balanced hormones, says Meaghan Grant,

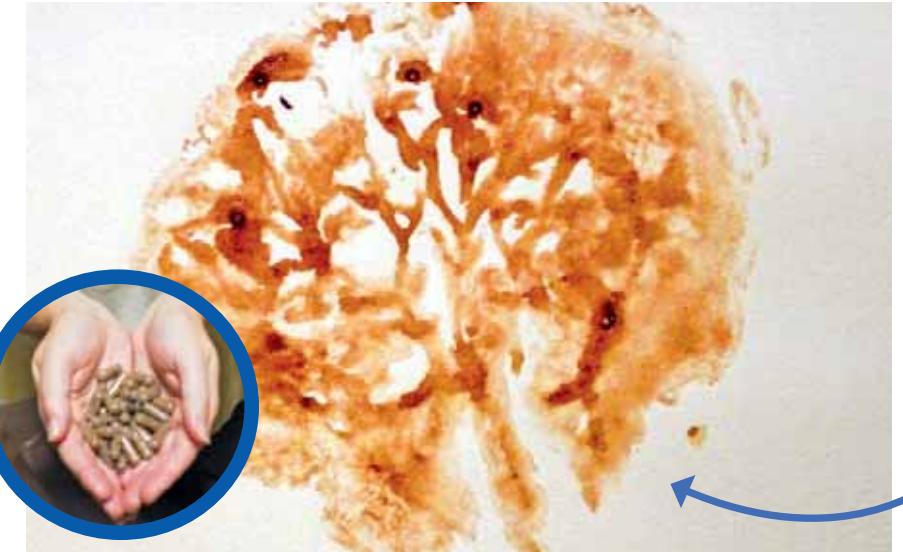
co-owner of Toronto Family Doula which is rolling out "placenta encapsulation" starting March 1.

Melanie Pereira, a 36-year-old mother of two from Mississauga, used the pills back in 2011 after the birth of her second child and sensed a boost in her emotion levels and milk production. "I felt amazing," she says.

While she knows it could be a placebo effect, Pereira thinks it's "wonderful" placenta pills have become more accessible to women in recent years, given the potential benefits.

But despite the growing popularity of placenta pills, none of the limited amount of scientific research available shows any benefits from the practice. A 2015 Northwestern Medicine review of 10 published studies on placentophagy — as in, ingesting the placenta — didn't turn up any human or animal data to back up claims that consuming placenta in pill or other forms reduces postpartum depression, boosts energy or aids in the increased production of breast milk.

None of the studies looked into the possible risks of ingesting the organ. "There's really no research in humans of any



Some new moms make art out of their placenta, while others choose to have pills made of it.

KELLY MASLEN/TORSTAR NEWS SERVICE; INSET: LUCAS OLENIUK/TORSTAR NEWS SERVICE

benefit (of ingesting the placenta) that's been published — there's nothing," says Dr. Amanda Selk, an obstetrician-gynecologist at Women's College Hospital. "And we don't have any safety data either."

Selk says women should con-

sider the limited research and possible risks. "When you deliver, there are a lot of body fluids close together. You might have a bowel movement and it might touch the placenta. We can't promise it's not contaminated," she says.

Regardless of where placenta

are prepared, there simply isn't research available yet on safe preparation, says Dr. Selk. "We don't actually know what's safe — what preparation is safe, if high temperatures would kill bacteria and viruses," Selk says.

TORSTAR NEWS SERVICE

FAST FACTS

Are placenta pills vegetarian-friendly?

The placenta is a human organ but plenty of vegetarian and vegan moms make an exception when it comes to eating afterbirth. An exploration of vegan and vegetarian message boards reveals some women eat raw placenta.

Parting with your placenta

Placenta encapsulation isn't the only way women make use of their placenta giving birth. Over the years, various options have emerged, allowing moms creative ways to use the placenta.

Afterbirth artwork

Some doulas offer a service where a fresh placenta is pressed against paper to create a blood-stained print, revealing the unique tree-like structure of the organ in an artistic keepsake.

Plant placenta

Some women keep their placenta and plant it in the ground — often as a ceremony after giving birth to provide nutrients for a newly-planted tree.

NEW BOOK

Out of the mouth of babes: Pope answers kids' queries

Dear Pope Francis, 10-year-old Mohammed begins, "Will the world be again as it was in the past?"

Signed "Respectfully yours," the boy wrote from a Jesuit-run school for refugee children in Syria and was treated to a long and personal answer from the pope himself. So were 29 other children who posed questions to Francis in letters from around the globe for a new book poignantly illustrated with their own artwork.

The book, Dear Pope Francis, is out March 1 from Loyola Press in Chicago. It's a project that likely wouldn't have materialized without the help of Father Antonio Spadaro, a Jesuit like the pope and the director of La Civiltà Cattolica, a Roman Catholic journal published in Rome.

Tom McGrath of the Jesuit-founded publishing house co-edited the book with Spadaro after reaching out to the priest for help. Spadaro brought about 50 letters with questions to the pope so he could select 30. Spadaro sat with the pope as he responded to each. Francis often complimented the artwork of the children.

"He knows Pope Francis

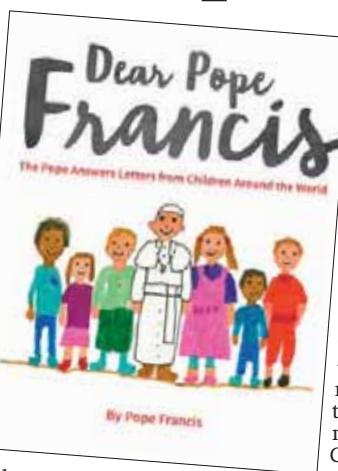
very well," McGrath said of Spadaro. "We tried to make it as easy for the pope as possible."

The pope's response to Mohammed spoke in part of suffering and the people who inflict it:

"There are those who manufacture weapons so that people fight each other and wage war. There are people who have hate in their hearts. There are people who are interested only in money and would sell everything for it. They would even sell other people," he wrote.

More to Mohammed's point, Francis answered: "No, when the time comes, the world will not be as it was. It will be far better than it was in the past."

Once the pope agreed to participate in the project, Loyola reached out to priests and lay people around the world



to connect the publisher with children to write the letters.

The 30 kids in the book range in age from 6 to 13. "He loved the project right from the beginning," McGrath said.

"He has this great affection for children, who have a great affection for him. He was surprised at the depth of the questions."

There was no condensing or editing of the pope's responses. In a 90-minute session with Spadaro last August in Rome, Francis responded verbally in a mixture of Italian and Spanish. Spadaro served as transcriber in addition to connecting Loyola Press with the Vatican.

THE ASSOCIATED PRESS
RICK WILKINSON

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metro SPORTS

Canada's Jamal Murray was named SEC freshman of the week after averaging 18.5 points and seven rebounds in a pair of Kentucky wins



Serena Williams is two wins away from winning her seventh Australian Open championship.

QUINN ROONEY/GETTY IMAGES

CAROLINA

Broken arm, still Super Bowl-bound



If everything goes well it is something he can mostly certainly play with.

Head coach Ron Rivera

All-Pro linebacker Thomas Davis had surgery Monday morning on his broken right forearm, but is expected to play in the Super Bowl on Feb. 7.

Head coach Ron Rivera said the 11-year NFL veteran may need to wear a brace on his arm similar to the one worn by New England Patriots tight end Rob Gronkowski.

Davis broke his arm in the second quarter of Carolina's 49-15 win over the Arizona Cardinals on Sunday in the NFC

championship. Davis said after the game he fully expected to play in the Super Bowl in about two weeks.

THE ASSOCIATED PRESS

IN BRIEF

MLB clears Yu Darvish of any wrong doing

A person familiar with the investigation says Major League Baseball has determined that Texas Rangers pitcher Yu Darvish had no role in any of the activities that led to the arrest of his brother in Japan for allegedly running an illegal gambling ring. MLB was looking into the October arrest of Sho Darvish as part of standard protocol and not investigating the pitcher, the source said Monday. THE ASSOCIATED PRESS

Serena smashes Sharapova

AUSTRALIAN OPEN

Top-ranked reaches semis, improves to 19-2 vs. Russian

Serena Williams attacked Maria Sharapova's strength and it helped extend her complete domination of their rivalry, earning the six-time Australian Open champion a place in the semifinals.

Top-ranked Williams beat Sharapova 6-4, 6-1 in the quarter-finals on Tuesday, her 18th consecutive victory and 19th in 21 career meetings dating back to 2004.

"It was super intense," Williams said of the replay of last year's final. Sharapova is "an incredibly intense, focused player who was No. 1 and has won so many Grand Slams for a reason."

"You have to come out with a lot of fire and intensity."

Each of the six previous times Williams has won a quarter-final at Melbourne Park, she has won the title at the season-opening Grand

Slam tournament.

Up next for her is fourth-seeded Agnieszka Radwanska, who beat No. 10 Carla Suarez Navarro 6-1, 6-3 to reach a Grand Slam semifinal for the fifth time. She has never won a major.

Sharapova has won five majors, including the 2008 Australian title, and has been in three other finals at Melbourne Park.

In her fourth-round win against No. 12 Belinda Bencic she had a career-high 21 aces. Against Williams, she had three, and seven double-faults.

Sharapova broke to open the match and held for a 2-0 lead.

But Williams held in the third game, closing with an ace after it went to deuce, and then broke to level at 2-2.

Williams was then able to protect her serve, and go on the attack against Sharapova's. Aggressive returns finally helped Williams convert on her fourth set point, following a heavy ground stroke to the net and putting away a volley.

THE ASSOCIATED PRESS

18

Williams has beaten Sharapova 18 straight times.

IN BRIEF

Graham James granted day parole in Quebec

Graham James, the disgraced former junior hockey coach who sexually abused several players under his watch more than two decades ago, was granted day parole Monday.

James, 62, appeared before the National Parole Board at a federal prison in Laval, Que., where the ruling was handed down after a four-hour hearing.



Graham James
THE CANADIAN PRESS FILE

He is currently serving a seven-year sentence for sexually assaulting players he coached in the late 1980s and early '90s with the Swift Current Broncos of the Western Hockey League.

James, who was seeking full parole, has been convicted of sexually assaulting six of his former players hundreds of times during that period.

THE CANADIAN PRESS

Suspicious betting linked to mixed doubles match

Players involved in a mixed doubles match at the Australian Open said Monday they were interviewed by the Tennis Integrity Unit after a newspaper reported it had attracted suspicious betting patterns.

According to The New York Times report, the gambling website Pinnacle Sports said it had received an unusual spike in bets for Lukasz Kubot and Andrea Hlavackova to beat David Marrero and Lara Arruabarrena, causing it to suspend betting before the teams played on Sunday.

All players identified in the newspaper report rejected any possibility of fixing in the match, which was won by Kubot and Hlavackova 6-0, 6-3.

Kubot said Monday "we give 100 per cent of that match" and he believed his opponents "were trying 100 per cent."

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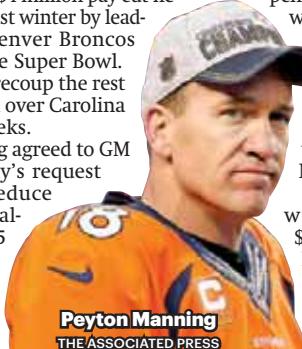
DENVER

Manning \$2M richer

Peyton Manning earned back half of the \$4 million pay cut he accepted last winter by leading the Denver Broncos back to the Super Bowl.

He can recoup the rest with a win over Carolina in two weeks.

Manning agreed to GM John Elway's request that he reduce his 2015 salary to \$15 million. But he did so with the caveat



Peyton Manning
THE ASSOCIATED PRESS

that he could earn back every penny by getting to and winning Super Bowl 50.

Each member of the Broncos earned \$46,000 Sunday when they beat New England 20-18.

The Super Bowl winners each get \$102,000 and the losing team's individual share is \$51,000.

THE ASSOCIATED PRESS

RECIPE Black Bean Burgers

PHOTO: MAYA VINYER

Ceri Marsh & Laura Keogh
For Metro Canada

Who says vegetarian dinners have to be virtuous? Not us. You won't miss the beef in these zesty, hearty veggie burgers.

Ready in
Prep time: 10 minutes
Total time: 20 minutes
Serves 4

Ingredients

- 2 x 14 oz cans of black beans, rinsed
- 1 egg
- 1/4 cup of panko or regular bread crumbs
- 2 tsp cumin
- 1 tsp dried oregano
- 1/4 tsp cayenne
- 1/4 cup fresh cilantro
- 3 Tbsp oil

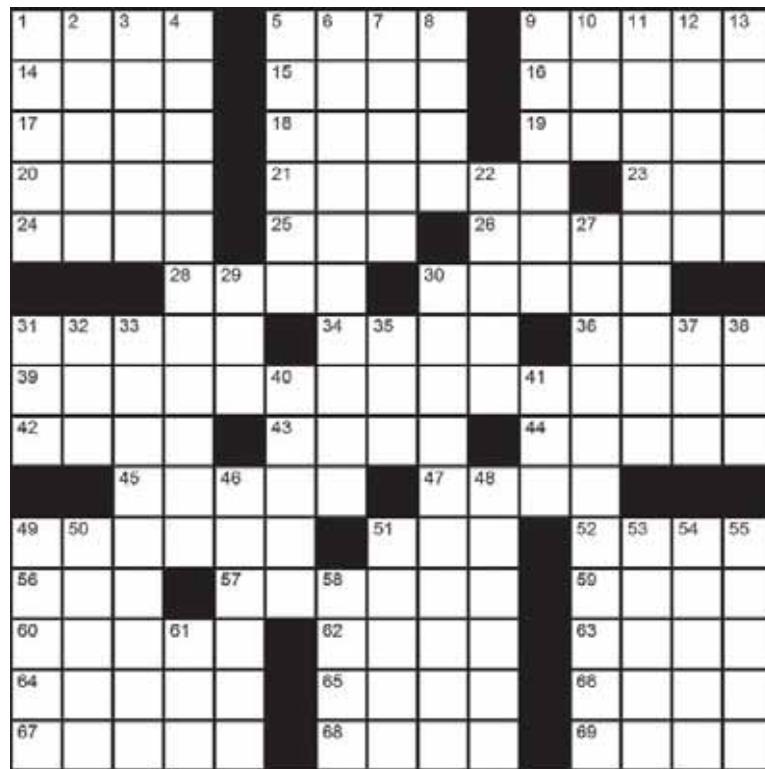
Directions

1. Place 1 can of beans, panko, cumin, oregano, cayenne and egg into a blender. Pulse it together until it forms a goopy paste.
2. Empty the blender contents into a bowl. Stir in the other can of beans and the cilantro. Use your hands to form into patties. Don't make them too big or you'll have hard time with flipping.
3. Heat oil in a pan to medium then gently place patties in. Cook for 5 minutes — without touching! — then carefully flip with a thin, flexible spatula. Cook for another 5 minutes on the other side. Serve on a bun with your favourite toppings, like tomato, avocado, lettuce, salsa, spicy mayo.

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CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN**ACROSS**

1. Requiring-directions reason
5. __ notes (Quiz-taker's no-no)
9. Aspect
14. Stagnate
15. Comedian Jay
16. Earthy hue
17. Not ever, in verse
18. Klutzes
19. Rule on the throne
20. Achiever
21. Horror movie franchise starring Neve Campbell
23. Negative word
24. __-inflammatory
25. 7th Greek letter
26. Football legend Joe who was a New York Jets quarterback
28. Ms. Spelling
30. Air Canada employee
31. Peggy __, "Mad Men" role
34. Depilatory brand
36. Forsaken
39. Canadian __ (Train company)
42. Petri dish gel
43. Mr. Redding
44. Faultfinder
45. Style, as per music or movies
47. Banff National Park animals
49. Adjust ahead of time
51. Health resort
52. Smashes
56. "I don't get it."
57. Beat
59. Grand
60. Denigrate
62. Hang over
63. Vogue's Ms. Wintour
64. Mount of the Bible
65. Coastal bird, variably
66. Put a 'roof' on a room
67. Concluded
68. Olde-style reward
69. Door fastener

**DOWN**

1. Ms. Ronstadt
2. Ancient theatre
3. Winter weather woe
4. NWT's equivalent in French is TNO which means: __ du Nord-Ouest
5. Nearer
6. Make an expired membership usable again
7. Prefix with 'red'
8. Music systems company as seen on The Shopping Channel
9. Posh party

10. Card deck symbol
11. Historic neighbourhood of Vancouver
12. Farm grain problem
13. Wedding anniversary for tin
22. Rita's role in "West Side Story" (1961)
27. Coffee hangout on "The Beachcombers": 2 wds.
29. "Thou, too, sail __ Ship of State!" — Longfellow
30. Name of Nick Adonidas' log salvaging boat on the show at #27-Down
31. __ whim
32. Fall behind
33. Theatrical gig
35. Mr. Roth
37. Movie star, Aishwarya __
38. Big Apple
40. __ Bay, Ontario
41. "Eeew!"
46. Sea nymph in Greek mythology
48. Hightailed it
49. Chapter of sorts
50. Apply, as skin moisturizer: 2 wds.
51. The Comedy — (Stand-up venue in Los Angeles)
53. Sleep problem
54. Subcompacts
55. Illegally sell concert tickets
58. Cosmology stuff in space
61. Freelancer's encl.

*** IT'S ALL IN THE STARS** by Sally Brompton

Aries March 21 - April 20
The critics may say you've been lucky, and maybe you have, but luck is only part of the story — you do in fact deserve your success. Now do something with what you've got, not just for yourself but for others too.

Taurus April 21 - May 21
Put a name to your desires. What is it that drives you? What is it that you want most out of life. Once you have decided that the next step is easy: go out and get it.

Gemini May 22 - June 21
If you're not planning a trip then you should be. Cosmic activity in the area of your chart that governs long-distance travel will inspire you to expand your horizons.

Cancer June 22 - July 23
A problem you have tried to deal with by pretending it does not exist will come back at you again today. Be prepared to do whatever it takes to change your life for the better.

Leo July 24 - Aug. 23
Honesty is essential, even if it means you have to say something that might hurt a loved one's feelings. You have a reputation for calling it as you see it, give it to them straight.

Virgo Aug. 24 - Sept. 23
You are right to be proud of what you have achieved, so let the world know what you have done and let people in positions of authority know you intend to do even more in the future. Spread the word.

Libra Sept. 24 - Oct. 23
The Sun in Aquarius is sure to bring something good your way. Also, this is one of the best times of the year to start something new!

Scorpio Oct. 24 - Nov. 22
You need to put a family squabble behind you and begin a new chapter of domestic harmony. You cannot change the past but you can change your attitude towards it, so forgive, forget and move on — together.

Sagittarius Nov. 23 - Dec. 21
Information that arrives out of the blue will help you make sense of something that previously baffled you. It will also help you distinguish between those who are on your side and those who only pretend to be.

Capricorn Dec. 22 - Jan. 20
Now is the time to fix your financial situation. Cosmic activity in the main money area of your chart will help you make changes that, while painful in the short-term, will yield rewards in the long-term.

Aquarius Jan. 21 - Feb. 19
There is no need to worry and there is no need to hurry. The Sun in your birth sign promises wonderful things — all you have to do is sit back.

Pisces Feb. 20 - March 20
If you want something enough you will find a way to get it. Nothing is impossible. If your desire is strong enough you can make it happen. Dare to dream — and dare to believe that dreams really do come true.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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			9	7	
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